



The Senior Connection

St. Joseph County Commission on Aging Newsletter

March 2025

*Serving Older
Adults in
St. Joseph
County
Since 1973*



**Lions,
Leprechauns
& More
Oh My!**

St. Joseph County Commission on Aging

Rivers Enrichment Center & Residence

1200 W. Broadway Street
Three Rivers, MI 49093
269-279-8083
1-800-641-9899
8am - 4pm (M-F)

Oaks Enrichment Center

306 N. Franks Avenue
Sturgis, MI 49091

269-279-8083
1-800-641-9899
8am - 4pm (M-F)
www.sjccoa.com
FAX: (269) 273-7058

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County of St Joseph - neither will
be held liable for any false or
misleading content.*



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and YouTube**



From the Executive Director...

I am pleased to announce that we have two new faces on our staff. Help me in welcoming Mike Androsky, our new Custodian/Groundskeeper. Mike will



become a familiar face at our centers, focusing on keeping them clean, and our grounds looking well kept and tidy. Mike took over for Melton Powell, who retired in January. We wish Melton all the best in this next chapter of his life.



We also have hired a new In-Home Aide. Amy Maddox will visit older adults in their homes and help them with personal care and light housekeeping tasks. We are thrilled to have Amy and Mike join our team.



It's hard to believe that it is already March! Which also means it's time to celebrate St. Patrick's Day, and my most favorite thing of all: more sunlight! A sure sign that spring is just around the corner.

Check out all the fun activities our staff has planned this month. Dinner Night Out will be on Monday, March 17th at the Oaks Enrichment Center. I know many of our members look forward to the corned beef dinner. We are pleased to host two local musicians who I am sure will put a smile on your face, and hopefully make you want to get up and dance a little bit.

We're also celebrating Fred Rogers' birthday with Won't You Be My Neighbor Day. The idea is for our members to ask a neighbor or a friend who is not a member, or has never come to the COA for lunch or an activity, to come with them and try something - an exercise class, a game of cards, or lunch in the café. I think this is a fantastic way to encourage people to come find out what the COA is all about. See all the details on Page 7.

Pam

Caregiver Support Group Meets at the COA

As the number of people living with Alzheimer's and other dementia grows, so too, will the need for caregiving. Much of this is unpaid caregiving from family and friends. This can take a toll on caregivers' health, well-being and productivity — and place a growing burden on communities. This is particularly the case for dementia caregiving, which often entails prolonged and intensive assistance.

If you are caring for a loved one suffering from Alzheimer's or another type of dementia, consider joining the Alzheimer's Association Caregiver Support Group that meets on the first Tuesday of each month at 6 p.m. at the Three Rivers COA. For more information please contact Life Enrichment Manager Ruth Mancina at 279-8083 or by email at rmancina@sjccoa.com

Project Advisory Council (P.A.C.) Meeting

Three Rivers P.A.C.

Friday, March 14, 2025
@10:30 a.m. (Atrium)

Sturgis P.A.C.

Tuesday, March 25, 2025
@ 1:00 p.m. (Classroom)

Severe Weather Closings

To find out if the COA will be closed during severe weather, we suggest you obtain information from the following radio and television stations:

WLKM AM 1510 or WLKM FM 96
WBET FM/AM 99.3
WIN 98.5

WWMT (CBS) Channel 3
WOOD (NBC) Channel 8
WZZM (ABC) Grand Rapids
WSBT (CBS) South Bend
WNDU (NBC) South Bend

The COA is supported by funds from:

- ◆ Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports
- ◆ Branch-St. Joseph Area Agency on Aging (Region IIIC)
- ◆ St. Joseph County Senior Millage
- ◆ Older American's Act
- ◆ Older Michiganian's Act
- ◆ Donations

The COA complies with Title VI of the Civil Rights Act of 1964.

St. Patrick's Day Fun!

Make sure to dig out your most festive green attire this month as we are planning to celebrate St. Patrick's Day with Dinner Night Out, a special treat and FREE Bingo.

FREE BINGO

We're going to kick things off a little early and have a FREE Bingo on Friday, March 14 at the Three Rivers COA and at Kline's Resort. We'll have another FREE Bingo on St. Patrick's Day, which is Monday, March 17th at the Sturgis COA. Wear green and have a fun day playing Bingo with friends.

A BIG THANK YOU to Marcie Ritter and Katie Ray, independent insurance agents specializing in Medicare, who sponsored this event in Three Rivers and Sturgis.

ICE CREAM TREAT

We will be handing out a scoop of mint chocolate chip ice cream from 12:00 p.m. to 1:00 p.m. on St. Patrick's Day at both our centers. Any member who visits the center during that time can stop by for this sweet treat. We also will serve it to anyone who is eating lunch at the center that day.

DINNER NIGHT OUT

Finally, we are having **Dinner Night Out** at the Oaks Enrichment Center in Sturgis on Monday, March 17th. The fun begins at 5 p.m. We have a very special night planned with a fantastic dinner of corned beef and cabbage followed by entertainment by local musicians Matt Galliers and Delbert Walling. Wear your favorite St. Patrick's Day attire.

It's going to be a very fun day at the COA. **Tickets are \$15 per person for Dinner Night Out and go on sale on Monday, March 3. Seating is limited to 50 people.**

REMINDER:

You may call at 8 a.m. on Monday, March 3 to get your name on the Dinner Night Out list. At that time you can also sign up for a trip or a craft or any other activity where reservations are required. **DO NOT come to the center to pay for ANYTHING until after 8:30 a.m. on the first business day of the month.** You have three business days to come in to either center to pay for any activity you have signed up for in which payment is required.



MARCH TRIPS

Members are able to CALL on the first business day of each month to sign up for all activities, including trips. We will not take any reservations in person between 8:00 a.m. and 8:30 a.m. **PHONE CALLS ONLY.** Trips must be paid in full no later than three (3) business days of the reservation being made. Non-payment will result in the forfeiture of your spot. Trips fill up quickly, so please call on the first business day of the month at 8:00 a.m. Itineraries are available at the front desk at the beginning of the month. **No voicemail reservations will be accepted. Since our entire staff is answering phones at the reception desk, they are unable to check messages until later in the morning. At that time, the trip may already be filled. If someone does not answer the phone, hang up and call again.**

Saturday, March 15

Wizard of Oz on Ice at the Blue Gate

Prepare to be captivated as Ice Creative Entertainment presents "Wizard of Oz On Ice," a reimagined, all-new production that breathes fresh life into the beloved classic. Set on a stunning synthetic ice stage, this innovative performance will take place at select theaters around the nation. From the visionary team behind acclaimed ice spectacles like "Peter Pan On Ice," "Cinderella On Ice," and "Beauty & The Beast On Ice" comes a fresh and exhilarating reimagining of L. Frank Baum's timeless story. This all-new production, "Wizard of Oz On Ice," promises to dazzle audiences of all ages with stunning choreography, state-of-the-art special effects, and vibrant costumes that bring the Land of Oz to life in ways never seen before, enchanting both the young and the young at heart. Tickets include buffet dinner at Blue Gate Restaurant and show at the Blue Gate Performing Arts Center. We will leave Three Rivers at 12:30 p.m. and Sturgis at 1:15 p.m. We plan to arrive in Sturgis at 6:45 p.m. and in Three Rivers at 7:15 p.m. **Cost is \$85 per person (Dinner & Show included)**

Tuesday, March 25

Firekeepers Casino in Battle Creek

We will depart from Three Rivers at 8:00 a.m. and Sturgis at 8:45 a.m. We plan to arrive back to Sturgis at 3:00 p.m. and to Three Rivers at 3:45 p.m.

Cost is \$10 per person.

Friday, March 28

K-Wings Hockey Game

Enjoy a night of professional hockey as the Kalamazoo K-Wings take on the South Carolina Stingrays. It's \$3 Friday so beers, sodas and hot dogs are \$3. We will be eating dinner at Bob Evans prior to the game. We will be leaving Sturgis at 3:15 p.m. and from Three Rivers at 4:00 p.m. We should arrive back to Three Rivers by 10:15 p.m. and in Sturgis around 10:45 p.m.

Cost is \$27 per person (Includes a K-Wings Knit Cap, \$5 Concession Voucher, Free Game of Bowling at Airway Fun Center. Dinner and food or beverages at the game is on your own.)



We LOVE Flowers!

After the cold and snowy weather we've had these past few months, we are ready to celebrate flowers. Stop by the COA on National Plant a Flower Day (March 12) and we will have an array of fun activities for you to do to celebrate flowers.

March is the perfect time to start planting seeds. Plant a flower seed in peat pots that we will keep at the centers. As the seeds start to grow we will transplant them into bigger pots. We will provide all the seeds and starter pots. No soil needed!

We also will show you how to make the most adorable pretzel treats that look like flowers. If you have grandkids they will love making these with you!

Finally, we will have two painting stations. One area will be some big pots that need decorating and will hold the flowers we grow from seeds once they need to be transplanted to a bigger pot. We will display them outside our centers and we will plant flowers that attract butterflies.

We also will have a rock painting station and we ask that you paint rocks with flower designs. The rocks will go around our flower pots. Come help make our centers beautiful this Spring with things you helped create! **Reservations are required by calling 279-8083 or stopping by either center.**

WHEN: **Wednesday, March 12**
1:00 p.m. in Three Rivers
2:15 p.m. in Sturgis



SPRING IS IN THE AIR!

Let's make these adorable wreaths made out of pizza pans!
So cute and so easy!

WHEN:

Tuesday, March 18 at 1 p.m. in Sturgis

Wednesday, March 19 at 1 p.m. in Three Rivers

Reservations are required. Please sign up by calling 279-8083
or stop by either reception desk.



6 Monthly Movies at the Oaks

Join us each month as we show movies at the Oaks Enrichment Center in Sturgis. Movies will be shown at 1:30 pm in the classroom and we'll provide water and popcorn.

Thursday, March 13th - The Last Right

The Last Right is a film that tells the story of Daniel Murphy, a tax lawyer in New York who suddenly finds himself in a world he doesn't recognize when his mother abruptly passes away. On his way back to Ireland for his mother's funeral, he briefly befriends an elderly Irish gentleman returning to Ireland with his brother's body for burial. When the passengers are asked to record their next of kin, the older man decides to use Daniel's name with hilarious consequences.

Monday, March 24th - Dare to be Wild (PG)

This is the true story of Mary Reynolds, a feisty landscape designer whose goal is to share the beauty of wild nature with the world. With the odds stacked against her, Mary enters the prestigious Chelsea Flower Show to execute a competition garden using only wild plants.



Tuesday, March 11 at the Three Rivers 6

Movie & Time TBA

Because we cannot guarantee what movies will be showing on the day we plan to go, we ask that if you think this is something you might want to do, just call the COA and let us know you are interested. We will call you on Monday, March 10 to let you know the movie we have selected and what time we are meeting. Dinner in Three Rivers afterwards.

TRIVIA Wednesdays

Join us for trivia on the fourth Wednesday of the month at the Oaks Enrichment Center in Sturgis

All are welcome!

Wednesday, March 26 at 2:15 p.m.

POTLUCK BINGO IS BACK!

OAKS ENRICHMENT CENTER IN STURGIS

4:00 P.M.

THIRD WEDNESDAY OF THE MONTH - MARCH 19

**MICHIGAN
MAPLE
FESTIVAL 2025**
CELEBRATING EVERYTHING GREAT ABOUT MAPLE SYRUP!

**FREE
ADMISSION**

**MARCH 15-16
MARCH 22-23**
SAT 9-4 | SUN 10-3

ALL-DAY PANCAKES
MAPLE STORE
PETTING FARM
SUGARHOUSE TOURS
HISTORICAL REENACTMENTS
PANCAKE EATING CONTEST

12646 BORN ST
JONES, MI 49061

SCAN FOR MORE INFO

MICHIGANMAPLEFESTIVAL.COM



Dance Your Way to Health!

The Commission on Aging offers a variety of exercise classes at its centers to help older adults in our community stay healthy and fit. Whether it's chair yoga, balance class or cardio drumming, we have a class that should appeal to just about everyone. But have you ever tried one of our dance classes? It's a great way to get your body moving and it might even make you forget you are exercising!

In addition to Line Dancing and Zumba Gold, we offer a dance class in Three Rivers that focuses on popular dances through the years. Oldies but goodies like the Bunny Hop, the Chicken Dance, Ballin' the Jack, the Twelfth Street Rag and much more! Come with a partner or come alone - either way, you are going to have a good time.

Called *Golden Beat: Dancing Through the Decades*, Jerry Wright's class will be on Wednesdays from 1 p.m. to 2 p.m. at the Rivers Enrichment Center.

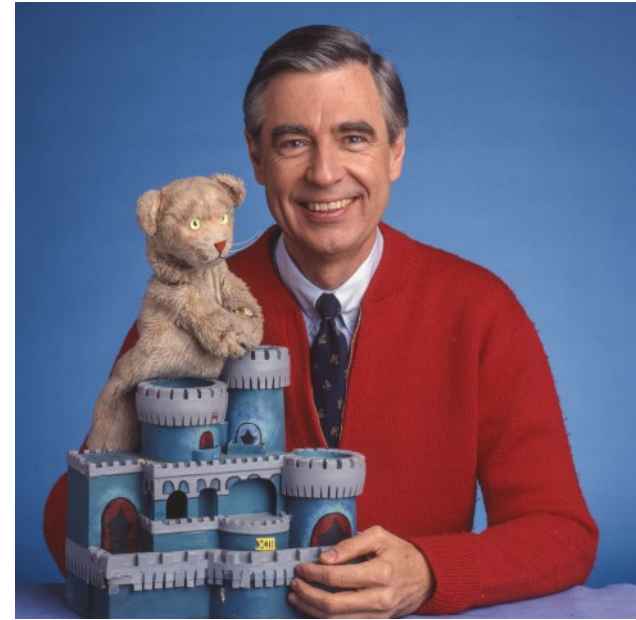
This class is broken into two sections where during the first half of the class Jerry will teach dances that typically do not need a partner (see the dances listed above). During the second half of the class he will focus more on ballroom dancing for those who want to dance with a partner.

According to the Bethesda Health Organization, dance can be a gentle and painless way to exercise. It helps improve your cardiovascular health, your bone health and your strength and endurance. It also helps with your agility and balance. Other important processes in your body are shown to greatly improve with exercise, such as cognitive function, mood and stress levels.

You do not need to sign up for any of our exercise classes in advance. Just show up, bring a bottle of water and be prepared to have a good time, meet new people and burn some calories - all good things!

WON'T YOU BE MY NEIGHBOR DAY

7



We're celebrating Fred Rogers' birthday this month and we hope everyone will participate.

Fred Rogers was born on March 20, 1928 and would eventually go on to become one of the most iconic American television hosts in U.S. history. He was the creator, showrunner, and host of the preschool television series *Mister Rogers' Neighborhood*, which ran from 1968 to 2001.

In honor of Mr. Rogers we encourage anyone coming to the center on Thursday, March 20 to wear a red cardigan.

We also ask that you think of a friend or neighbor who has never been to the COA and might be nervous about coming to the center alone. Invite that person to join you for lunch or an activity such as an exercise class or a game of cards on March 20.

If you want to bring a friend or neighbor for lunch that day, please call the COA at 279-8083 and let us know so we have enough food for everyone. If you are bringing a friend to participate in an activity you do not need to make a reservation.

As Mr. Rogers said: "There are three ways to ultimate success: the first way is to be kind, the second way is to be kind and the third way is to be kind."

Let's be extra kind on March 20, wear a red cardigan and bring a friend to the COA! You'll be glad you did.

Do you need *MyHealthVet* assistance?

The *MyHealthVet* online portal has adopted a more robust security feature to protect Veteran health information, Veterans are now required to login using **LOGIN.GOV** or **ID.me**

VA.gov

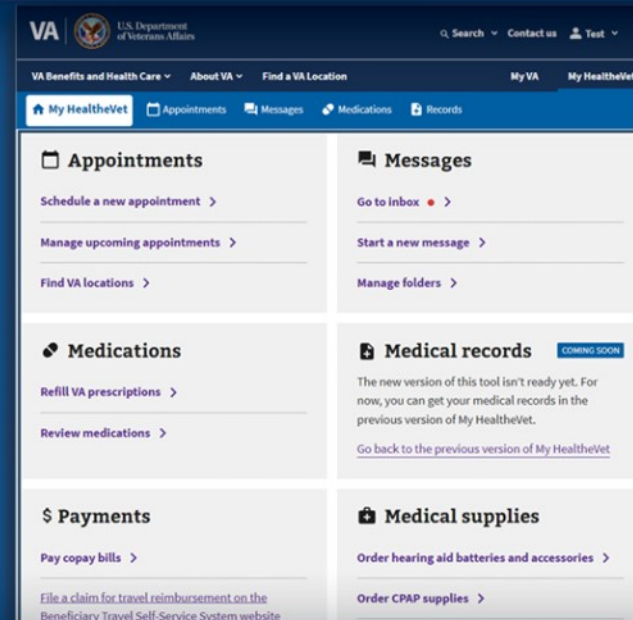


My Health, My Care: 24/7 **Online** Access to VA

Join us!

VA Staff will assist Veterans and caregivers accessing *MyHealthVet* through ID.me

Please bring current state ID, VA ID, Social Security Card or DD214 and a device that can receive text/call and access to your email.



Rivers Enrichment Center & Residence
March 10th | 10:00 a.m. - 2:00 p.m.
1200 West Broadway Street,
Three Rivers, MI 49036

For questions or more information, please reach out to *My HealthVet* Coordinator at (269) 966-5600 ext. 31224

VA



U.S. Department of Veterans Affairs
 Veterans Health Administration
 Battle Creek VA Medical Center

Foot Doctor

Tuesday, April 1

9:30am - Noon

Oaks Enrichment Center - Sturgis

Tuesday, April 22

9:00 a.m. - Noon

Rivers Enrichment Center - Three Rivers

- Appointments are required - call 269-279-8083 to sign up
- Dr. Jack charges a \$10 administrative fee to every patient he sees
- Please bring your insurance information with you



Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing is at the Rivers Enrichment Center six times per year. The next visit will be in the morning on **Monday, March 10, 2025**. Please call 279-8083 to make an appointment.



Legal Services of South Central Michigan

Private Legal Consultations at no charge for the 60+ crowd. Donations are accepted.

IN PERSON

WHEN: Tuesday, March 18

WHERE: Oaks EC in Sturgis

TIME: 10:00 a.m. - 11:00 a.m.

Please call 269-224-5040 if you wish to speak with an attorney. You can leave a message on the voicemail if the attorney is busy.

Legal Services of South Central Michigan is funded in part by the Calhoun County Senior Millage, CareWell Services Southwest, and AAA-Region 3C through the Michigan Aging and Adult Services Agency under the Older Americans Act of 1965.



Alzheimer's Association Caregiver Support Group

The support group meet at the Rivers Enrichment Center, 1200 W. Broadway Street on the first Tuesday of each month.

Tuesday, March 4, 2025 at 6 p.m.

For more information, please call the COA at (269) 279-8083 and ask for Marketing Manager Ruth Mancina. You can also call the Alzheimer's Association 24/7 hotline (800.272.3900).

Technology Help at the COA

If you have any questions related to your laptop computer or a mobile device, such as a smart phone or iPad, perhaps we can help! Whether you need help turning things on, navigating the Internet, sending photos, questions about your email, or questions about Facebook and other social media sites, we can try to assist you.

Please call 269-279-8083 to make an appointment at either center.

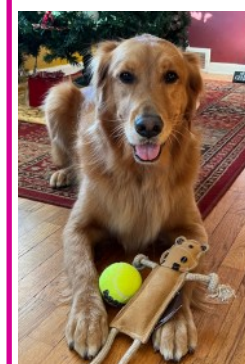
Project Advisory Council

(P.A.C.) Meeting Schedule 2025

According to standards set by the Area Agency on Aging, the mission of the Project Advisory Council is to allow COA members a forum where they can meet and discuss COA programs and services.

The 2025 P.A.C. meeting dates are listed below. If you have any questions about P.A.C., please contact Marketing Manager Ruth Mancina at (269) 279-8083 or rmancina@sjccoa.com

| Project Advisory Council (PAC) Meetings | | | |
|---|------|----------|-----------|
| Month | Date | Time | Location |
| March | 14 | 10:30 AM | Rivers EC |
| March | 25 | 1:00 PM | Oaks EC |
| June | 13 | 10:30 AM | Rivers EC |
| June | 24 | 1:00 PM | Oaks EC |
| September | 12 | 10:30 AM | Rivers EC |
| September | 23 | 1:00 PM | Oaks EC |
| December | 12 | 10:30 AM | Rivers EC |
| December | 16 | 1:00 PM | Oaks EC |



JUDE THE COMFORT DOG WILL BE AT THE TR CENTER ON FRIDAY, MARCH 7 AT 10:30 A.M.

Arthritis Foundation Exercise

Three Rivers:

Tuesdays & Thursdays at 10:30am (CR)

Instructor: Cathy Taylor

Take part in low-impact exercise for those with arthritis or related conditions. Class designed to help with mobility. Our instructor is certified through the Arthritis Exercise Foundation. This class is part of our Evidence Based Disease Prevention Program.

Arthritis Foundation Exercise - Taking it Easy!

Sturgis: M,W,F at 9:45am

Instructor: Melissa Wilson

This class is for anyone who wants a slower-paced exercise class focused on core strength and balance with most exercises done seated. Melissa is certified through the Arthritis Exercise Foundation.

Three Rivers: M,W,F at 10am - Taking it Easy!
Mondays (CR), Wednesdays & Fridays (Atrium)

Instructor: Lynn Zeiler, Nancy Merkle & Jeanne Stumpf

This class is for anyone who wants a slower-paced exercise class focused on core strength and balance with most exercises done seated. Both instructors are certified through the Arthritis Exercise Foundation.

All Arthritis Exercise classes are part of the Evidence Based Disease Prevention Program.

Cardio Drumming

Cardio Drumming is one of the most fun workouts you'll ever do. Using the exercise ball as your drum and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop.

Sturgis: Wednesdays & Fridays at 1pm (AH)

Instructor: Mary Haylett

Three Rivers: Tues. & Thursday at 9:30am (CR)

Instructor: Cathy Taylor

Chair Yoga

Chair Yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. It also is a great form of yoga for beginners or anyone who wants to focus on a gentle practice.

Sturgis: Tuesdays at 10am (AH)

Instructor: Cynthia Hoss

Three Rivers: Mondays and Thursdays at 1pm

Instructor: Lynn Zeiler

Flexible You

Stretching is strongly recommended for our aging bodies. Taught by a certified instructor and using mats on the floor, this class focuses on lengthening the areas between the joints, allowing for more flexibility and range of motion. There is attention to proper form, breathing, and relaxation.

Three Rivers: Wednesdays at 8:30am (CR)

Instructor: Cathy Taylor

Gentle Yoga

This basic class will guide you through movements that develop strength, flexibility and a connection between body, mind and breath. Suggestions will be offered to accommodate limited range of motion due to injury, surgery, overuse and aging issues. While much of the class is done traditionally on a yoga mat, chairs are available when needed. Class begins with guided breath-work and ends with guided meditation.

Sturgis: Thursdays at 10am (CLSSRM)

Instructor: Cynthia Hoss

NEW NAME, TIME & FORMAT

Golden Beat: Dancing Through the Decades

The one and only Jerry Wright is offering a dance class every Wednesday from 1 p.m. to 2 p.m. at the Three Rivers Enrichment Center.

The Format:

From 1 p.m. to 1:30 p.m. he will offer a dancing class for seniors who enjoy group dancing - there will be no partner dancing. These are dances usually held at wedding receptions and other parties or events that enjoy group dances, such as the Hokey Pokey, the Bunny Hop, the Chicken Dance, Ballin' the Jack, Bus Stop, Twelfth Street Rag, Amos Moses. This does not mean couples can't participate! **ALL ARE WELCOME TO COME DANCE AND HAVE FUN!!!**

From 1:30 p.m. to 2:00 p.m. Jerry will switch over to Ballroom/Freestyle Dancing for couples. Dance steps/patterns will be taught to include Wright Method of Dance, intro to Arthur Murray patterns/Fred Astaire Patterns, leading into (Free Style/Your style).

Three Rivers: Wednesdays at 1:00pm

Instructor: Jerry Wright

ROOM CODE

CR – Community Room - Three Rivers

AH - Assembly Hall - Sturgis

Café - Three Rivers

Atrium - Three Rivers

CLSSRM - Sturgis

Kathy Bingaman's *Forever Fit* class is on hiatus until May 20. Try *Flexible You* on Wednesday mornings with Cathy Taylor or Chair Yoga with Lynn Zeiler on Mondays and Thursdays at 1pm.

Line Dancing

Line dancing presents itself as the perfect form of exercise for older people because it provides the benefits of an aerobic workout in a social environment, which is great for your mental health.

Sturgis: Thursdays at 10am (AH)

Instructor: Richard Leeth

Three Rivers: Fridays at 9:30am (CR)

Instructor: Richard Leeth

S.A.I.L. (Stay Active and Independent for Life)

This class is designed to help older adults improve strength, balance and fitness, which is one of the most important activities adults can do to stay active and reduce their chances of falling. This class is part of the Evidence Based Disease Prevention Program and our instructors are certified to teach S.A.I.L.

Sturgis: M,W,F at 11am (AH)

Instructor: Melissa Wilson

Three Rivers: M,W,F at 11am (CR)

Instructor: Lynn Zeiler, Nancy Merkle & Jeanne Stumpf

Say Yes! to Weights

Using weights can help optimize skeletal muscle function in older adults. Taught by a certified group exercise instructor, participants learn correct form, breathing, and use of weights in a seated or standing position.

Three Rivers: Wednesdays at 9:30am (CR)

Instructor: Cathy Taylor

Book Clubs

The Three Rivers Book Club is reading The Women by Kristin Hannah. The group meets on the fourth Wednesday of each month at Noon. Books are available at the COA Reception Desk in Three Rivers. (March 26)

The Sturgis Book Club meets on the third Thursday of each month at 3pm. The club is reading Notes on Your Sudden Disappearance by Alison Espach (March 20)

A second book club that meets at the Sturgis COA is called Lethal Lunches, which meets on the second Monday of each month at Noon. The group is reading The Wicked Sister by Karen Dionne. (March 10)

For more information about the Sturgis Book Club or Lethal Lunches please call the Sturgis Public Library at (269) 659-7224 and ask to speak to Karen Good.

EXERCISE

Zumba Gold

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout. Zumba Gold is for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

Three Rivers: Mondays & Thursdays at 2pm

Instructor: Lynn Zeiler

Virtual Zumba Gold

If you would like to participate in Zumba Gold at home, Lynn is offering it virtually during her class times in Three Rivers. Email Lynn at coazumbagold@gmail.com

Billiards Club

Sturgis: Thursdays from 7pm - 9 pm

Bingo

Klines Resort: Fridays @ 12:30pm

Sturgis: Mondays & Thursdays @ 12:30pm

Three Rivers: Tuesdays & Fridays @ 1pm

Board Games

Sturgis: Tuesdays @ 10am

Bridge

Sturgis: Thursdays @ 7pm (Duplicate)

Euchre

Three Rivers: Thursdays @ 1pm

Sturgis: Mondays, Tuesdays & Wednesdays @ 1 pm

Thursdays @ 1:30 (after Bingo)

Hand and Foot

Sturgis: Wednesdays & Thursdays @ 1pm

In Stitches

Three Rivers: Wednesdays @ 11am

Mah Jongg

Three Rivers: Tuesdays @ 12:45pm

Fridays @ 1 p.m. (Beginners)

Pinochle

Three Rivers: Mon. & Wed. @ 1:00pm

Tuesdays @ 2:30pm

Potluck Bingo (It's Back!)

Sturgis: Wednesday, March 19

4:00 p.m.

Trivia

Sturgis: Fourth Wednesday of the Month

Wednesday, March 26

2:15 p.m.

12 Senior Congregate Restaurant Program Guidelines

Coupons for the COA Restaurant Program are available at Three Rivers, Sturgis and Klines Resort meal sites. The recommended donation per ticket is \$5.00.

Rules:

- Intake Form must be filled out at time of acquisition, or must present current COA membership card.
- Coupons must be signed when used at restaurant.
- You must be 60 years of age to participate, or married to a registered eligible person.
- Present your coupon to your server at time of ordering.
- You cannot share tickets with others.
- You must order from the special COA menu. No Substitutions.
- No "Carry Out", Delivery or "To Go" orders; Meals must be consumed at restaurant.
- Restaurants, at their own discretion, have the option to offer clients "doggie bags" for leftovers that are not consumed. The restaurant may not charge the client or COA for this container. The restaurant assumes liability for food safety (through abiding by the regulations of the local health department) until the food leaves the premises, at which time the meal recipient is liable for proper food handling and food safety. (Amended 5/26/2010)
- *Coffee and other beverages are not included in the cost of your meal.*
This is extra.
- Tip is on your own, it is not included. Please tip on the actual cost of your meal not the cost of the coupon.
- One person per ticket, meals cannot be shared.

Tickets Expire 12/31/25!

Participating restaurants are listed on this page. If you have any questions about the Restaurant Program, please call COA Nutrition Manager Katie Hughes at (269) 279-8083.

Participating Restaurants 2025

Three Rivers

Mr. B's Dairy Bar
403 6th Street
(269) 278-3495

Main Street Café
21 N. Main Street
(269) 279-7400

American Legion Post 170
59990 S. Main Street
(269) 273-5205
Friday Night Dinner

Centreville

The Royal Café
701 E. Main Street

Constantine

Meeks Mill
138 E. Water Street
(269) 435-8325

American Legion Post 223
65079 US Highway 131 N
Sunday: 7am - 10:30am
(269) 435-4075

Harvey House

125 W. Water Street

Sturgis

Gramby's
918 W. Chicago Road
(269) 651-5697

American Legion Post 73
500 W. Chicago Road
First and Third Sunday:
8am - 11am
(269) 651-9095

Mendon

A Family Affair
148 W. Main Street
(269) 496-8600

White Pigeon

The Country Table
714 W. Chicago Road
(269) 483-9567

Colon

Dawn's Café
105 E. State Street
(269) 432-4034

MARCH Activities CALENDAR Three Rivers

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>3</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>2pm - Zumba Gold</p> | <p>4</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm - Bingo</p> <p>2:30pm - Pinochle</p> <p>6pm - Alzheimer's Association Caregiver Support Group</p> | <p>5</p> <p>8:30am - Flexible You</p> <p>9:30am - Say Yes! to Weights</p> <p>10:00am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L.</p> <p>11am - In Stitches</p> <p>1pm - Pinochle</p> <p>1pm - Golden Beat: Dancing through the Decades</p> | <p>6</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Euchre</p> <p>2pm - Zumba Gold</p> | <p>7</p> <p>9:30am - Line Dancing</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>10:30am - Jude the Comfort Dog</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo at Klines</p> <p>1pm - Bingo</p> <p>1pm - Mah Jongg</p> |
| <p>10</p> <p>9am - Beltone Hearing</p> <p>10am - My HealthVet Seminar</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>2pm - Zumba Gold</p> | <p>11</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm - Bingo</p> <p>2:30pm - Pinochle</p> <p>Dinner and a Movie in TR</p> | <p>12</p> <p>8:30am - Flexible You</p> <p>9:30am - Say Yes! to Weights</p> <p>10:00am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L.</p> <p>11am - In Stitches</p> <p>1pm - Pinochle</p> <p>1pm - Golden Beat: Dancing through the Decades</p> <p>1pm - Plant a Flower Day</p> | <p>13</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Euchre</p> <p>2pm - Zumba Gold</p> | <p>14</p> <p>9:30am - Line Dancing</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>10:30am - PAC Meeting</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - FREE ST. PATRICK'S DAY BINGO AT KLINES</p> <p>1pm - FREE ST. PATRICK'S DAY BINGO!</p> <p>1pm - Mah Jongg</p> |
| <p>17</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>12pm - 1pm - St. Patrick's Day Treat</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>2pm - Zumba Gold</p> <p>5pm - Dinner Night Out (Sturgis)</p> | <p>18</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm - Bingo</p> <p>2:30pm - Pinochle</p> | <p>19</p> <p>8:30am - Flexible You</p> <p>9:30am - Say Yes! to Weights</p> <p>10:00am - AE - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>11am - In Stitches</p> <p>1pm - Pinochle</p> <p>1pm - Golden Beat: Dancing through the Decades</p> <p>1pm - Craft</p> | <p>20</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Euchre</p> <p>2pm - Zumba Gold</p> <p>WON'T YOU BE MY NEIGHBOR DAY</p> | <p>21</p> <p>9:30am - Line Dancing</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo at Klines</p> <p>1pm - Bingo</p> <p>1pm - Mah Jongg</p> |
| <p>24</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>2pm - Zumba Gold</p> | <p>25</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm - Bingo</p> <p>2:30pm - Pinochle</p> <p>CASINO TRIP</p> | <p>26</p> <p>8:30am - Flexible You</p> <p>9:30am - Say Yes! to Weights</p> <p>10:00am - AE - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>11am - In Stitches</p> <p>Noon - Book Club</p> <p>1pm - Pinochle</p> <p>1:00pm - Golden Beat: Dancing through the Decades</p> | <p>27</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Euchre</p> <p>2pm - Zumba Gold</p> | <p>28</p> <p>9:30am - Line Dancing</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo at Klines</p> <p>1pm - Bingo</p> <p>1pm - Mah Jongg</p> <p>K-WINGS TRIP</p> |
| <p>31</p> <p>10am - Arthritis Exercise</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>2pm - Zumba Gold</p> | <p>Wizard of Oz on Ice Trip</p> <p>Saturday, March 15</p> <p>Blue Gate Performing Arts Center</p> | | | |

MARCH Activities CALENDAR Sturgis

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 3 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre | 4 10am - Boards & Bagels 10am - VIDEO Chair Yoga 1pm - Euchre | 5 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre | 6 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge 7pm - Billiards Club | 7 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming |
| 10 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm - Lethal Lunches 12:30pm - Bingo 1pm - Euchre | 11 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre Dinner and a Movie in TR | 12 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 2:15pm - Plant A Flower Day | 13 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:30pm - Monthly Movie 7pm - Duplicate Bridge 7pm - Billiards Club | 14 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming |
| 17 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm - 1pm - St. Patrick's Day Treat 12:30pm -FREE Bingo! 1pm - Euchre 5pm - Dinner Night Out | 18 10am - Legal Aid 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Craft | 19 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 4pm - Potluck Bingo | 20 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 7pm - Duplicate Bridge 7pm - Billiards Club WON'T YOU BE MY NEIGHBOR DAY | 21 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming |
| 24 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Monthly Movie | 25 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - PAC Meeting CASINO TRIP | 26 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 2:15pm - Trivia | 27 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge 7pm - Billiards Club | 28 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming K-WINGS TRIP |
| 31 9:45am - VIDEO Arthritis Exercise - Taking it Easy! 11am - VIDEO S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre | <div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p style="color: red; font-weight: bold; font-size: 1.2em;">Wizard of Oz on Ice Trip</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Saturday, March 15</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Blue Gate Performing Arts Center</p> </div> | | | |

Meals on Wheels & Congregate Menu

15

MARCH 2025

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

| | |
|---------------------|---|
| Monday, March 3 | Lemon Baked Fish, Brown Rice, Peas & Pearl Onions, Cauliflower |
| Tuesday, March 4 | Apple Pork Chop, Roasted Rosemary Potatoes, Collard Greens, Capri Vegetable Blend |
| Wednesday, March 5 | Ranch Chicken Thighs, Parslied Potatoes, Green Beans, Carrots |
| Thursday, March 6 | Turkey Shepherd's Pie, Mashed Potatoes, Roasted Brussel Sprouts |
| Friday, March 7 | Tuna Noodle Casserole, Sugar Snap Peas, Wax Beans |
| Monday, March 10 | BBQ Pulled Chicken, Scalloped Potatoes, Zucchini & Summer Squash |
| Tuesday, March 11 | Italian Sausage with Broccoli, Brown Rice, Peas & Carrots |
| Wednesday, March 12 | Turkey Cacciatore over Pasta, Italian Blend Vegetables, Butternut Squash |
| Thursday, March 13 | Maple Glazed Fish, Florentine Rice Pilaf, Zucchini & Tomatoes, Nantucket Blend Vegetables |
| Friday, March 14 | Vegetable Lasagna, Asparagus, Broccoli & Cauliflower |
| Monday, March 17 | Beef Ravioli with Marinara, Green Bean Almondine, Baby Carrots |
| Tuesday, March 18 | Chicken Teriyaki with Pineapple, Brown Rice, Midori Blend Vegetables, Asparagus |
| Wednesday, March 19 | Bourbon Pork Chop, Whipped Sweet Potatoes, Roasted Brussel Sprouts |
| Thursday, March 20 | Hamburger Steak, Macaroni & Cheese, Seasoned Green Beans, Fresh Vegetables & Dip |
| Friday, March 21 | Oven Baked Fish, Mixed Vegetables, Au Gratin Potatoes |
| Monday, March 24 | Dijon Chicken Meatballs, Brown Rice, Creamy Peas with Red Peppers, Wax Beans |
| Tuesday, March 25 | Homestyle Veal, Mashed Potatoes & Gravy, Baby Carrots, Diced Beets |
| Wednesday, March 26 | Chicken Chop Suey, Brown Rice, Oriental Blend Vegetables, Parslied Cauliflower |
| Thursday, March 27 | Tropical Pork, Red Bliss Potatoes, Scalloped Tomatoes, Mixed Vegetables |
| Friday, March 28 | Western Omelet, Hash Brown Casserole, Broccoli |
| Monday, March 31 | Pork Fritter, Baked Beans, Sweet Potato Wedges |

Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

IT IS VERY IMPORTANT THAT YOU CALL THE COA 24 HOURS

IN ADVANCE TO RESERVE LUNCH

SUGGESTED DONATION: \$3.50

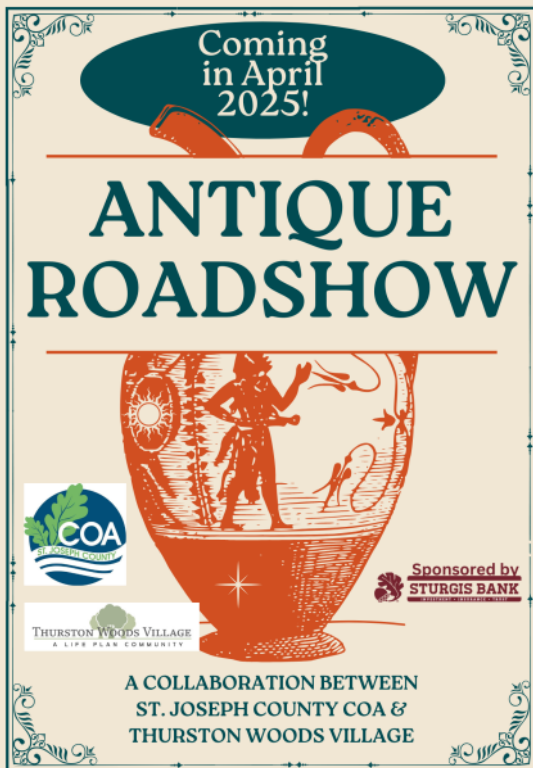
You can also make lunch reservations on the MySenior Center kiosk at either center.

Rivers Enrichment Center
269-279-8083
1200 W. Broadway Street
Three Rivers, MI 49093
Lunch is served at Noon
Reservations required

Oaks Enrichment Center
269-279-8083
306 N. Franks Avenue
Sturgis, MI 49091
Lunch is served at Noon
Reservations required

Klines Resort
269-279-8083
22260 Klines Resort Road
Lunch is served at Noon
on Fridays only.
Reservations required.





The Senior Connection

St. Joseph County Commission on Aging
 1200 W. Broadway Street
 Three Rivers, MI 49093

Address Label



Want *The Senior Connection* mailed to your home?

Please enclose this form with a check for \$11.00 and mail to:

COA
 1200 W. Broadway Street
 Three Rivers, MI 49093

Checks payable to: COA

*Include your full name and mailing address

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____